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Family claims CHL tarnished Gumbley name

Hockey league says union activist and his family are involved in junior players' class-action suit PAGE 4

Former Gossip Girl says: Stop yanking on my Heartstrings

Leighton Meester wishes people would stop trying to dissect breakup song PAGE 14

TORY MPP 'JUMPED ME' IN 1980s, SAYS SHEILA COPPS

FORMER DEPUTY PM SAYS SHE CONTINUED WORKING WITH HIM AFTER SHE FENDED OFF SEXUAL ASSAULT PAGE 8

FORGET THEM NOT

Princess Anne, in Ottawa for Remembrance Day ceremonies, and Gov. Gen. David Johnston smile after receiving flowers from Mylee and Memphis Zopk on Monday. The still-raw memory of two slain soldiers is expected to draw tens of thousands of people to the National War Memorial monument for what may be the largest Remembrance Day event in years. More coverage, page 9.

FRED CHARTRAND/THE CANADIAN PRESS

GTA's daycare fees sky-high

Affordability report. Toronto parents face bills 11 times higher than those in Quebec

For Eitan Grinspun, daycare debt is the new student loan.

"It's just the most important thing I can give my child," says the father of three-year-old twins. "It's not about the college fund. It's about giving them the right start."

But for the Toronto dad and his partner, the right start for their kids costs $3,000 a month. That reality has recently forced the couple to take out a loan to cover the expense, in a city where spaces are scarce and wait-lists long.

"I see parents all the time when we go outside to play in the playground. And you see the desperation — like, 'how did you get there, what did you do?'" says Grinspun.

Sky-high daycare costs are no secret to GTA parents, but a new study reveals for the first time how their fees compare to those in other cities.

Research by the Canadian Centre for Policy Alternatives shows Brampton, Toronto, Mississauga and London to be the least affordable in the country.

In Toronto, parents with kids under age two can expect to pay $1,676 a month for the service. In contrast, that cost is $152 for parents in cities across Quebec. In Winnipeg, the next cheapest city, families spend about $650.

In July, the Ontario government introduced a bill aiming to increase the number of available spaces in licensed care and improve regulation of unlicensed daycare. Only around 20 per cent of children in the province are in regulated care settings.

"What this report makes clear is that provincial policy really makes a difference," says Carolyn Ferns of the Ontario Coalition for Better Child Care. "Four of the five highest fees are in Ontario, and that should be a wake-up call."

NDP education critic Peter Tabuns responded by saying that the Liberals "need to stop paying lip service and make the expansion of licensed child-care spaces a top priority." TORSTAR NEWS SERVICE

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Matching newcomers with the perfect neighbourhood

Free tool. Developed by four immigrants, expands from Montreal into GTA

When Mauro Repacci immigrated to Canada from Brazil in 2008 with only two suitcases in hand, he had no friend or relative here, and needed to find an apartment in a week.

The business graduate ended up in a rough neighbourhood that didn't meet his hopes for a hip, up-and-coming area with nice restaurants and artsy hangouts. And worse, he says he and his wife were charged $200 a month more on their rent than other tenants in the building.

That's how Repacci, 30, came up with the idea for a startup company to offer a free online service that would match newcomers with neighbourhoods suited to their desired lifestyle — and connect them with properties up for rent and sale in those areas.

After a one-year trial run of the service in Montreal, where Navut.com is based, it has expanded into the Greater Toronto Area, one of seven cities or regions and 1,011 neighbourhoods across Canada that are currently covered.

"We want to build a product to make the experience of moving to Canada easier," said Repacci, who founded Navut in 2012 with two other Brazilian immigrants, Marcos Azevedo and Gustavo Burckhardt, and Aureabelle Cruz, who hailed from the Philippines.

"This is a home-search process in reverse. People describe what they would like in their neighbourhoods. We recommend the top five communities that meet their needs and connect them with realtors and property managers who specialize in the area and speak their language."

Since the website's launch, the number of views has been growing by 20 per cent a month. In September, there were 45,000 visits to the site; 70 per cent of the traffic came from within Canada and the rest from 170 other countries. About a third of the searches focus on the GTA.

Quoted

"We all know how hard it is for immigrants arriving with all the decisions that need to be made. This is a much easier process."

Navut.com co-founder Mauro Repacci

Although the website was developed with newcomers in mind, Repacci said, Canadians moving from city to city can also benefit from its neighbourhood profiles — which include information on demographics, safety, housing, schools, amenities, jobs, transportation, the neighbourhood "walk score" and user reviews.

Toronto's Annex neighbourhood, for example, has a safety score of 62 per cent and 88 per cent for being a walk-friendly community, where 9.3 per cent of homes are newly built and the average household annual income is more than $114,000.

The community's profile also lists the top occupations of the residents (in management, business and finance, and government), the local unemployment rate (7.3 per cent), percentage of university degree holders (66.9 per cent), the ratio of immigrants to non-immigrants, and the main cultural groups present there.

The website was launched after extensive research by the founders of Navut (which means "navigating the unknown land" in Swedish) through databases that include the national census, the National Household Survey for demographics, Fraser Institute Report Cards for school quality, and police crime statistics.

Repacci said he wished there had been such a tool available to him when he first settled in Montreal.

While he and his wife were looking for a neighbourhood similar to Toronto's Annex, they ended up in a highrise apartment building surrounded by rundown warehouses in Griffintown, where there were few amenities and the closest grocery store was a 25-minute walk away.

"We all know how hard it is for immigrants arriving with all the decisions that need to be made," said Repacci, whose company earns profits through referrals to realtors and property management firms.

"This is a much easier process." TORSTAR NEWS SERVICE

Navut.com co-founder Mauro Repacci, seen in Montreal's Griffintown neighbourhood, saw a need for a tool that would help newcomers to Canada find a suitable place to live after his own rough experience as an immigrant from Brazil. TORSTAR NEWS SERVICE

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CHL facing defamation threat

Canadian Hockey League. News release 'reckless,' legal letter warns junior league

The Canadian Hockey League is being threatened with a defamation lawsuit for alleging player union activist Glenn Gumbley and his family are behind a $180-million class-action suit against the league.

Lawyers for the Gumbleys sent a legal letter to the league Friday saying: "You have effectively tried to use our clients as scapegoats and punching bags in response to the filing of a class-action suit, in which our clients have not participated directly."

In a news release dated Oct. 20, league officials said the "Gumbleys are still actively involved on the fringes of junior hockey in Canada and with this action … The CHL will once again issue warnings to our players and their parents cautioning them about the Gumbleys."

The class-action suit, first reported by Torstar News Service last month, alleges the league is in breach of minimum-wage laws by underpaying its players.

None of the allegations from either side have been proven in court.

The CHL's published comments about the Gumbleys were "printed with a calculated and malicious attempt to divert any negative press that the class action may have brought upon you and your attempts to deflect it unto our clients is utterly reckless and defamatory," reads the Gumbleys' legal warning to the league.

In a written statement to Torstar Monday, Glenn Gumbley, who led a failed bid to unionize CHL players in 2012, wrote: "I find it very concerning that the membership of the CHL would endorse such comments. …We will vigorously take action against the CHL …for these statements."

League officials referred Torstar's questions to Toronto lawyer Gordon Kirke, who said that if an action is commenced against the CHL, "the league would defend itself vigorously and express its concerns very openly with Mr. Gumbley."

John Gumbley, Glenn's cousin and a nightclub owner in Montreal, is outraged by the league's negative reference to his family name.

He says he has nothing to do with junior hockey or his cousin's unionization efforts. And the league's press release could have a direct impact on his business, he says.

"The only thing I have to do with hockey is that I like hockey and I have a lot of NHL players who come to my clubs," he said in an interview.

"I'm one of the few Gumbleys in Canada. So what did I do wrong? Of course I take offence to it. And since my business is based on a good relationship with hockey players, I don't want it to be construed that I have harmed some young hockey players. I've never seen something like this from a large organization."

The family is demanding the league print a public apology in newspapers across the country and issue a full retraction on all of the league's websites by Wednesday of this week.

Montreal lawyer Jamie Benizri, who is representing the Gumbleys, called the league's allegations against his clients "out of left field. … The prejudicial item is naming them as the leader of something that they're not leading."

He said if the league fails to respond by Wednesday, a suit will be filed in Quebec and perhaps other jurisdictions across Canada where the league operates.

Randy Gumbley, Glenn's brother, was also involved in the drive to unionize CHL players, responded to Torstar's questions in a written statement Monday.

"I find it tragic that something great and inherently Canadian as professional Canadian Junior Hockey must resort to diversion and intimidation in order to try and deflect the negative press of a civil class action brought against the CHL."

The class action filed in a Toronto court Oct. 19 claims the CHL and its teams "conspired" to force young players into signing contracts that breach minimum wage laws. It claims $180 million in outstanding wages, vacation, holiday and overtime pay and employer payroll contributions for thousands of young players given as little as $35 a week for practices, games, training and travelling that could add up to more than full-time hours.

A Torstar investigation has since reported two more class-actions filed against the league — one in Montreal targeting the CHL's Quebec Major Junior Hockey League and another in Calgary naming the Western Hockey League.

They allege the leagues "knew or recklessly disregarded the fact that the relationship between the club and (players) was one of employer/employee, and as such the contracts contravened employment standards legislation, yet required the contracts be signed so as to avoid paying the (players) minimum wages, vacation pay, holiday pay or overtime pay."

TORSTAR NEWS SERVICE

John Gumbley, in an undated photo, is outraged by the CHL's negative reference to his family name.
TORSTAR NEWS SERVICE

Quoted

"… since my business is based on a good relationship with hockey players, I don't want it to be construed that I have harmed some young hockey players."
John Gumbley

Players

Canadian Hockey League officials have insisted its players are not employees covered by employment legislation, but instead "student athletes" or "independent contractors."

- An ongoing Torstar News Service investigation has obtained junior hockey player employment records, league contracts, U.S. immigration documents that imply — or explicitly state — that Canadian Hockey League clubs treat some of their players as employees.
- Six leading employment and tax lawyers interviewed by Torstar say the class-action claims have merit and will be difficult for the league to defend.

Round-the-world post inspires ticket-sharing site

Jordan Bishop. TORSTAR NEWS SERVICE

When Torontonian Jordan Axani, 28, posted on Reddit last week that he was looking for a person named Elizabeth Gallagher to take his ex-girlfriend's place on a round-the-world adventure, social media buzzed with people hoping to nab the trip.

The news gave another Toronto Jordan an idea that he hopes will shake up the travel industry. Jordan Bishop, the 23-year-old founder of Yore Oyster — a site helping travellers find cheap flights — said Axani inspired him to create a new site feature called Connections.

Connections allows users to post spare plane tickets, and the name of the person the ticket is registered to in hopes of finding a same-named traveller to take it for free. Users can also sign up to be notified about tickets available in their name.

From Berlin, Bishop told Torstar News Service that Connections lets travellers skirt airline rules preventing name changes on non-transferable tickets.

"We want to be creative and eliminate any waste," he said. "There is nothing worse than paying $1,000 for a flight and not being able to take it."

Names

"Historically, airlines have been reluctant to allow name changes because of the risk of unscrupulous people using bogus names …"
Air Canada spokesman Peter Fitzpatrick

Bishop said he and Axani "are both big fans of what the other is doing," but have been unable to connect. He also said Connections has yet to receive flack from airlines and industry authorities.

West Jet spokesperson Brie Thorsteinson Ogle called Connections "the prerogative of the person buying the ticket."

"How they choose to use or transfer is their choice," she said while noting that West Jet allows name changes.

Air Canada spokesman Peter Fitzpatrick said the airline has no comment on Connections, but noted that name changes on domestic flights are "generally" permitted while international flight name changes are not because they require advance passenger info to be provided to many countries.

"Historically, airlines have been reluctant to allow name changes because of the risk of unscrupulous people using bogus names, might buy a block of tickets on sale or far out from the flight when cheaper fares are more widely available, and then resell them closer to the date of the flight at a higher price," Fitzpatrick said, while citing fraud, security and seat inventory management concerns. TORSTAR NEWS SERVICE

Sick Kids says it is not reviewing hair analysis

Motherisk program. Opposition critics say province must address rising concerns about reliability of drug tests

While the Hospital for Sick Children continues to express confidence in its Motherisk program, critics at Queen's Park say the province must move swiftly to address concern about the reliability of the laboratory's hair-strand drug tests, which has thrown the system into "disarray."

MPP Jim McDonell, the Progressive Conservative children and youth services critic, said government needs to "step up" in the wake of a Court of Appeal decision that cast doubt on the hair-strand analysis Motherisk presented in the 2009 trial of Toronto mom Tamara Broomfield.

"We have a situation here that has left the children's aid societies in disarray," McDonnell said. "It's time (the province) called in some experts to get some decisions made. That's their role — providing guidance to their own front-line workers that are just trying to protect children."

In an email on Monday, Sick Kids spokeswoman Gwen Burrows said that because cases of indigestion of cocaine in children are "extremely rare," the hospital "has not initiated an extensive review of all hair-testing cases Motherisk has undertaken."

Burrows said the technique Motherisk used to analyze the hair of Broomfield's toddler following a 2005 cocaine overdose "has produced no false-positive results."

However, that contradicts a 2014 report filed during the appeal process by Craig Chatterton, deputy chief toxicologist in the office of the chief medical examiner in Edmonton, whose opinion prompted the court to toss Broomfield's cocaine-related convictions.

Analysis from Motherisk, which is the go-to place for children's aid societies for drug and alcohol hair-strand tests, has been part of possibly thousands of child welfare cases.

NDP children and youth services critic Monique Taylor said government does have a role to play in addressing the concerns that have been raised.

"When you're talking about something as sensitive as a child's protection, you want to make sure you get it right," Taylor said. TORSTAR NEWS SERVICE

NDP children and youth services critic Monique Taylor TORSTAR NEWS SERVICE

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A "population" of rats like this are reportedly leaving Union Station for other parts of city. TORSTAR NEWS SERVICE

Is Union Station renovation giving rise to mass rat exodus?

Downtown business owners are bracing for a rat infestation after a pest control company warned that "the demolition and construction of several underground structures at Union Station has displaced a large rat colony, forcing its migration to new areas of the downtown."

But the exact location and size of the rat colony remain a mystery, along with other facts about the alleged rats.

Some questions:

How big is the colony?

Nobody knows. Mike Heimbach, spokesman for Abell Pest Control, which sent out the news release, said the company does not service Union Station but has received "a lot more calls" about rats from residents and business owners in the area. He also said that it's not a "colony" but a "population" of rats.

What do Metrolinx and the TTC say?

"Nope, haven't seen a single rat," said Metrolinx media relations manager Anne Marie Aikins, who works out of Union Station. She added that rats aren't usually seen on the Metrolinx level and are generally found underground.

"We have no reports of any increased activity in rats," said TTC spokesman Brad Ross. TORSTAR NEWS SERVICE

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Outgoing Mississauga mayor Hazel McCallion sits with incoming mayor Bonnie Crombie and Transportation and Works commissioner Martin Powell during a tour of the new Transitway on Monday. CHRIS SO/TORSTAR NEWS SERVICE

Mississauga to open Transitway stations

Efficient. Transit officials promise the new rapid bus route will speed commute times

It has taken a decade of planning and four years of construction, but next Monday the first phase of Mississauga's new Transitway — four of the 12 stations — will finally begin trimming the commute times of MiWay bus riders.

The $460-million dedicated busway that runs along Highway 403 means bus riders will no longer be competing with cars for space on the road.

"When all the stations are completed in 2017 we will be reducing MiWay travel times from the City Centre transit terminal to Terminal 1 at Pearson International Airport from 50 minutes to 22 minutes," city manager Janice Baker said at a ceremonial Transitway opening at Dixie Station on Monday.

At a glance

About 38 per cent of the MiWay riders are students. Once it is complete, the Transitway will also accommodate GO buses, saving many York and McMaster University students time travelling to the City Centre terminal at Square One.

Monday's celebration had an air of relief as the Transitway construction comes more than a year late, delayed by utility relocations and construction setbacks.

"It takes MiWay to a whole new level of service. You sometimes think it will never happen but we're here today," said the city's transportation commissioner Martin Powell.

Even the first phase of the opening, four kilometres and four stations — Central Parkway, Cawthra Road and Tomken Road, as well as Dixie — will mean MiWay bus riders bypass 10 traffic lights.

Although some of the landscaping and exterior finishes aren't yet complete, the Transitway will open with commuter comforts such as heated stations and shelters, rolling ramps along the stairways for bikes, bike parking and real-time bus arrival signs overhead.

Unlike GO stations, the Transitway is designed with limited station parking. In the first phase, only Dixie and Cawthra have parking, with 170 and 60 spots respectively.

"Really you want people to take local transit or get a drop-off," said Mississauga Transit director Geoff Marinoff.

On Saturday, transit riders are invited to catch a shuttle at the City Centre and tour the four new stations.

The project has been funded by all three levels of government, including $83 million from Ottawa and $65 million from the province. The city's $313 million has risen from an original estimate of $269 million.

TORSTAR NEWS SERVICE

Investigation

Escort forced to get pimp's name tattooed to show 'ownership': Police

Police in Toronto have charged a man in a human trafficking investigation after it's alleged a woman was forced into the sex trade and had the name of her pimp tattooed on her "to show his ownership."

It's alleged the 20-year-old was coerced into working as a stripper and escort, and faced demands to make up to $3,000 every day of the week.

All of her earnings were allegedly given to her pimp, and her passport and SIN and debit cards were also turned over.

Police allege she was threatened with death along with her parents' if she tried to leave.

The woman went to police on Sunday, leading to the arrest of a 24-year-old Toronto man. Soufian Larbi is charged with trafficking in persons by recruiting, material benefit resulting from trafficking in person, living on avails of prostitution, exercise control, uttering threats, withhold/destroy travel document, assault and mischief.

He was scheduled to appear in court on Monday.

Police say the woman contacted them after the accused allegedly demanded she make $5,000 on Sunday, and slapped her.

Investigators believe there may be other alleged victims.

THE CANADIAN PRESS

Michaels wins Giller with his debut novel

Us Conductors.
Montreal author takes Canada by surprise in Monday's gala award

Sean Michaels prepares to give his acceptance speech observed by Jack Rabinovitch, the businessman who established the Giller Prize in 1994 in honour of his late wife, literary journalist Doris Giller, in Toronto Monday. FRAN GUNN/THE CANADIAN PRESS

Sean Michaels has won the 2014 Scotiabank Giller Prize for Canadian fiction, for his novel Us Conductors.

The announcement was made Monday night by Brian Porter, CEO of Scotiabank, at a gala held at the Ritz-Carlton hotel in Toronto and broadcast live on CBC.

Us Conductors is the debut novel by Michaels, a music critic living in Montreal. His book is about the history of the theremin, a musical instrument that is suddenly getting a lot of attention. He also founded Said the Gramophone, one of the earliest music blogs.

Monday's ceremony was hosted by popular broadcaster and comedian Rick Mercer, who was brought in just a few weeks ago to replace Jian Ghomeshi, former host of CBC radio program Q. Ghomeshi was fired by CBC following allegations of sexual harassment and inappropriate conduct.

Anticipation for the Giller Prize was greater than ever this year, thanks to the doubling of the prize purse — with $100,000 earmarked for the winner and $10,000 for each of the other finalists. This made it the richest literary award in Canada, exceeding even Britain's Man Booker Prize of £50,000 (about $90,000).

When he announced the new prize purse in September, Rabinovitch said that, when he graduated from McGill University in the 1950s, "there wasn't a single course in Canadian literature. Today, there are many."

The jury members had opted for a short list of six instead of the expected five books, with American author Francine Prose noting when the list was announced in early October that "all six were so good we just couldn't bear to let one go."

The finalists were: David Bezmozgis, The Betrayers (HarperCollins); Frances Itani, Tell (HarperCollins); Sean Michaels, Us Conductors (Random House); Heather O'Neill, The Girl Who Was Saturday Night (HarperCollins); Miriam Toews, All My Puny Sorrows (Knopf); and Padma Viswanathan, The Ever After of Ashwin Rao (Random House).

The three-person jury was made up of Prose, British novelist Justin Cartwright and Canadian writer Shauna Singh Baldwin. They chose the winner from a field of 161 books, submitted by 63 publishers from every region of the country. TORSTAR NEWS SERVICE

"Overwhelmed" would have been an understatement

"I feel like a whale who has found a whole city in his mouth."

Sean Michaels at the start of his acceptance speech after winning the 2014 Giller Prize

Q producer moving to new show

Q's former executive producer Arif Noorani will be starting a new job at the CBC when he returns to work next Monday after two weeks off, according to the CBC.

"Given all that's transpired over the last couple of weeks, Arif has asked to be reassigned," said CBC spokesman Chuck Thompson. "When he returns to work next Monday, he'll be developing a new program for CBC Radio."

Noorani decided to take a leave last Monday while the public broadcaster looked "for more clarity" around the allegations of violence and sexual harassment leveled against former host Jian Ghomeshi, said Thompson.

Last Monday, Noorani told the Star in an email he was "fully co-operating with the CBC's investigation into this matter and will respect that process as it unfolds."

The CBC has hired employment lawyer Janice Rubin and her team to conduct a third-party investigation of the allegations against Ghomeshi within the CBC.

Nine women and one man have told the Star and other media that they were choked, hit or sexually harassed by Ghomeshi. Three women have so far come forward to Toronto police, who are investigating.

CBC executive vice-president of English services Heather Conway said last Friday, in an interview on CBC's As It Happens, that head of radio Chris Boyce and Thompson viewed evidence, including text messages, photos and videos, on Oct. 23 showing Ghomeshi inflicting physical harm on a woman.

Ghomeshi was fired three days later. TORSTAR NEWS SERVICE

Arif Noorani
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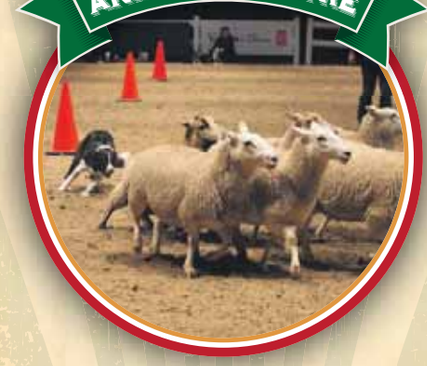

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Liberal party president candidate Sheila Copps speaks in Ottawa in 2012. Copps says she was raped years ago by a boyfriend and sexually assaulted by a fellow MPP as a novice member of Ontario's legislature. ADRIAN WYLD/THE CANADIAN PRESS

Copps shares story of sexual assault by MPP

'All of a sudden he jumped me.' Former MPP Sheila Copps also says she was raped by man she was dating before entering politics

Quoted

"It's not a parliamentary problem, it's a society problem. And don't be afraid to speak out."
Sheila Copps

Former MPP and onetime deputy prime minister Sheila Copps says she was sexually assaulted by a Progressive Conservative legislator more than 30 years ago, and is urging other victims who experience similar assaults to come forward.

Copps's revelation came Monday in her regular column in the Hill Times, an Ottawa publication. In that column she also revealed she had been raped prior to entering provincial politics by someone she had been dating.

Copps, just 28 at the time of the alleged assault by a Tory MPP, said they were both members of a legislative committee travelling through Northern Ontario, ironically during a study of violence against women. After working all day the committee members dined together before retiring to rooms in the same hotel.

She said her Tory counterpart, whom she declined to identify, got off the elevator on the same floor, then pushed her up against the wall and tried to kiss her and fondle her breast.

"We just randomly got off on the same floor, and when I said good night, all of a sudden he jumped me. And I was absolutely shocked, because I didn't see it coming," said Copps, who added it was soon over when she kneed him in the groin.

"Obviously he misread some signals … and when I pushed him away he never came back, and that was the end of it and we continued to work together."

Copps said the column was "not intended to be sort of about me. It was more about the fact when you are two MPs you are both operating from a position of equality, and it is a different situation from an employee if you are under the thumb of a harassing employer."

Copps' story is part of the continuing fallout from the CBC's firing of Jian Ghomeshi over allegations of sexual harassment and violence.

Last week, federal Liberal Leader Justin Trudeau suspended two MPs accused of harassment, and Premier Kathleen Wynne has acknowledged taking action over sexual harassment in her own caucus at Queen's Park.

Before entering the political realm, Copps did go to the police about being raped by a man she had been dating.

She says the police advised her there was no point in pursuing the matter since it would be his word against hers.

However, after a visit by police to her attacker, she was never bothered again. If she had to do it all over again, she says, she would have pursued it more aggressively.

Copps said it was her intent to point out that there is no proper process for dealing with alleged sexual harassment on the Hill, adding the secretive Board of Internal Economy that oversee all that happens in Parliament is not the proper forum.

"It's not a parliamentary problem, it's a society problem. And don't be afraid to speak out," she said, adding that she has heard from both men and women since her column appeared.

Copps's admission is a good sign that people are no longer afraid to speak out about being victims of sexual harassment, assault and violence, Premier Kathleen Wynne said Monday.

"I understand Sheila Copps has made a statement, and if that allows people who are experiencing this right now to come forward, that's a good thing — and then we need to make sure we … can deal with those situations sensitively and appropriately," Wynne told reporters Monday.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Rock activism. Speaking out more important than selling records: Young

Music icon Neil Young says Canadians need to stand up for clean air, land and water by taking on big oil companies because issues involving pipelines are "scabs on our lives."

He said Canadians must band together to ensure the Charter of Rights and Freedoms includes the right to live in a healthy environment.

Young was in Vancouver as part of the lineup of entertainers and artists including Barenaked Ladies, Feist and Robert Bateman for the last stop of the national Blue Dot Tour, fronted by scientist and environmental activist David Suzuki.

The singer-songwriter said in Washington last year that the oilsands in Fort McMurray, Alta., resemble the Japanese city of Hiroshima after it was laid waste by an atom bomb.

He's sticking to the comparison, which he made in opposing TransCanada's proposed Keystone XL pipeline from Alberta to Texas.

"I've spoken to people who were in Hiroshima and also went to Fort McMurray and they agreed with me when they saw the tar sands," Young said Sunday in an interview backstage at Vancouver's Orpheum Theatre.

Neil Young sits for an interview before appearing at the final show on the Blue Dot Tour in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Young said it's too bad if people don't like his views.

"Those people who are the Fort McMurray people, either they're oil people or they're occupied by oil people," he said. "So of course they're going to be upset because I just said we don't want that. It's not good for our families."

The 68-year-old music legend said his most important task as a musician is to speak against "things that interfere with the home."

"I see the world the way I see it. I'm going to do what I think should be done because people are watching me. Then they'll say, 'Why's he doing that? Doesn't he care about selling records?' No, I don't." THE CANADIAN PRESS

Health-care workers, too

All arriving from Ebola regions to face quarantine

People coming to Canada from Ebola-affected countries, including returning health-care workers, will need to undergo a more formal 21-day monitoring period, the federal government announced Monday. And some will need to quarantine themselves in their homes for that time.

The policy requires people deemed to be at high risk of having contracted Ebola to stay at home or in "a facility" for three weeks, which corresponds to the length of the disease's incubation period.

The statement, pushed out after the end of the working day, does not specify what kind of facility that might be, or who would decide which of the options would apply to a particular case. THE CANADIAN PRESS

Prince Edward Island

$50,000 offered for info on potato needle tampering

The potato industry in Prince Edward Island is offering a reward of up to $50,000 for information on how needles ended up in potatoes that were distributed in the Atlantic region.

The P.E.I. Potato Board says the money is being provided by various potato growers in the province, who wanted to offer assistance in solving the highly unusual case.

Police have looked into seven incidents of potato tampering throughout the Atlantic provinces, all of which can be traced back to Linkletter Farms in Summerside, P.E.I.

Linkletter Farms has recalled the potatoes affected by the tampering. THE CANADIAN PRESS

This year's Remembrance Day 'magnified' by recent deaths of two Canadian soldiers

Tributes still pouring in. This year also marks the centenary of the start of the First World War

Government workers have cleared the National War Memorial of the deep drifts of flowers, flags and stuffed animals in preparation for Tuesday's nationally-televised Remembrance Day ceremony.

But the tributes keep coming.

Sunday morning — less than 48 hours before the prime minister, Governor General, a member of the royal family, veterans, soldiers, mariners, airmen and nests of live TV crews were to descend on the monument — a melancholy peace wrapped itself around the National War Memorial.

More bouquets of flowers had been deposited overnight and during Sunday morning, along with dozens of plastic poppies, and a couple of small Canadian flags.

But it was the hockey stick, and a battered old football, left in tribute to Cpl. Nathan Cirillo that caused a catch in the throat for many visitors.

The death of two Canadian soldiers on Canadian soil just two days apart late last month — one of them an honour guard standing sentry at the war memorial on Parliament's doorstep — has made the towering bronze and stone statue a point of pilgrimage.

Warrant Officer Patrice Vincent was killed Oct. 20 in Quebec when he was run down by a car that police say was driven by a man with jihadist sympathies.

Two days later, Cpl. Cirillo was shot point-blank while on guard duty at the war memorial. His attacker then set his sights on Parliament Hill, where he died in a hail of gunfire inside the marble-floored hall under the Peace Tower.

"Certainly, it's magnified the importance of Remembrance Day," said Kim Whalen of Tweed, Ont., moments after wiping away tears.

This year marks the centenary of the start of the First World War, the terrible industrial slaughter that prompted the first national day of remembrance. Canadian war planes are deployed once again, this time to attack militants in Iraq.

Prime Minister Stephen Harper is literally circumnavigating the globe to appear at the National War Memorial. Harper will fly back from a China visit to be in Ottawa for the day, then jet off to Australia for an international summit.

THE CANADIAN PRESS

An armed Ottawa police officer salutes as he assumes watch over two sentries standing guard at the National War Memorial Sunday. Since the shooting of Cpl. Nathan Cirillo armed police officers have been stationed at the memorial. Ottawa police say a substantial increase in uniformed officers will be patrolling Tuesday. SEAN MCKIBBON/METRO IN OTTAWA

Lest we forget

Emotions may run high on Nov. 11

This year marks the centenary of the start of the First World War, the terrible industrial slaughter that prompted the first national day of remembrance. Canadian war planes are once again deployed, this time to attack Islamic State of Iraq and the Levant (ISIL) militants.

It may be the most emotionally packed Nov. 11 since 2002, when the deaths of four Canadian soldiers to friendly fire in Afghanistan were hammering home the true price of that combat mission. THE CANADIAN PRESS

Citizenship Act

Petition calls for citizenships for our war dead

When tribute is paid on Remembrance Day to the soldiers, sailors and flyers killed in the service of Canada during two world wars, Canadians also need to think about citizenship, say two advocacy groups.

Don Chapman and Howe Lee want Canadians to know that those who died before 1947, and whose graves are marked with maple leaves, are still not officially considered citizens by the federal government.

Ottawa's interpretation of the law holds that citizenship didn't exist until Jan. 1, 1947, when the first Citizenship Act came into effect. Chapman, of the group Lost Canadians, has started a petition, calling on the federal government to recognize as citizens the war dead who were killed before 1947. He has earned the support of Lee, who is the founder of Vancouver's Chinese Canadian Military Museum, and convinced Green Party leader Elizabeth May to introduce the document to Parliament.

THE CANADIAN PRESS

Rededicating memorial.

Princess Anne to take part in Remembrance Day

Princess Anne, the only daughter of the Queen and Prince Philip, arrived in Ottawa on Monday for what is expected to be a largely sombre, two-day visit.

When the visit was announced in September, it was billed as a celebration of everyday heroes, including veteran police officers and aboriginal youth. It took on new meaning last month with the deaths of two Canadian soldiers in terror-related incidents.

"I think we especially remember the two servicemen, Warrant Officer Patrice Vincent and Cpl. Nathan Cirillo, who were recently killed in the service of their country," the Princess Royal said as she was welcomed at Rideau Hall.

Vincent, 53, was struck and killed by a vehicle on Oct. 20 in a parking lot in St-Jean-sur-Richelieu, Que. Just two days later, reservist Cpl. Nathan Cirillo was shot and killed by a lone gunman while on sentry duty at the National War Memorial. The gunman, Michael Zehaf Bibeau, then opened fire inside Parliament Hill's Centre Block.

Princess Anne and her husband, Vice-Admiral Sir Tim Laurence, will attend the National Remembrance Day service and take part in a ceremony to rededicate the war memorial.

THE CANADIAN PRESS

Princess Anne inspects the Honour Guard at Rideau Hall on Monday in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

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Suicide bomber attacks Nigerian school, 48 dead

Students targeted. Another 79 wounded as approximately 2,000 attend assembly at high school

Disguised in a school uniform, a suicide bomber set off explosives hidden in a backpack during an assembly at a high school in northern Nigeria on Monday, killing at least 48 students and wounding 79 others.

It was the latest attack by suspected Boko Haram militants who kidnapped 276 schoolgirls earlier this year.

Soldiers rushed to the grisly scene, but were chased away by a stone-throwing crowd angry at the military's inability to halt a five-year-old Islamic insurgency that has targeted schools and killed thousands.

The Islamic militants — whose name means "Western education is sinful" in the local Hausa language — have intensified the tempo and deadliness of attacks since the government announced last month that the group had agreed to a ceasefire and that the schoolgirls would be released imminently. Boko Haram's leader has denied any ceasefire deal and the girls have not been set free.

Monday's bombing came one week after a suicide attack in Potiskum, the capital of Yobe state, killed 30 people taking part in a religious procession by moderate Muslims.

About 2,000 students had gathered for a weekly assembly at the Government Science Technical College when the explosion tore through the school hall, survivors said.

Hospital records show 48 bodies and many body parts were brought to the morgue. Seventy-nine students reportedly were admitted with serious injuries, the hospital said.

A morgue attendant confirmed that many of the victims appeared to be between the ages of 11 and 20.

THE ASSOCIATED PRESS

People inspect the damaged roof at the site of a suicide bomb explosion in the Government Science Technical College in Potiskum, Nigeria, on Monday. Survivors say a suicide bomber disguised in a school uniform detonated explosives at a high school assembly in northeast Nigeria, and a morgue worker says 48 students have been killed. ADAMU ADAMU/THE ASSOCIATED PRESS

Dangerous to ingest

Over two years, 700 kids ate soap

Accidental poisonings from squishy laundry detergent packets sometimes mistaken for candy landed more than 700 U.S. children in the hospital in just two years, researchers report. The colourful products contain concentrated liquid laundry soap.

THE ASSOCIATED PRESS

Global warming

Dead zones more affected by climate than first thought

Global warming is likely playing a bigger role than first believed in dead zones in bodies of water around the world, a new study says.

Dead zones occur when fertilizer runoff clogs waterways with nutrients such as nitrogen. That leads to an explosion of microbes that consume oxygen and leaves the water depleted of oxygen, harming marine life. THE ASSOCIATED PRESS

Online fairness

ISPs must be held to same standard as phone services

Internet providers shouldn't be allowed to cut deals with online services such as Netflix or YouTube to move their content faster, and should be regulated more like phone companies, U.S. President Barack Obama said Monday.

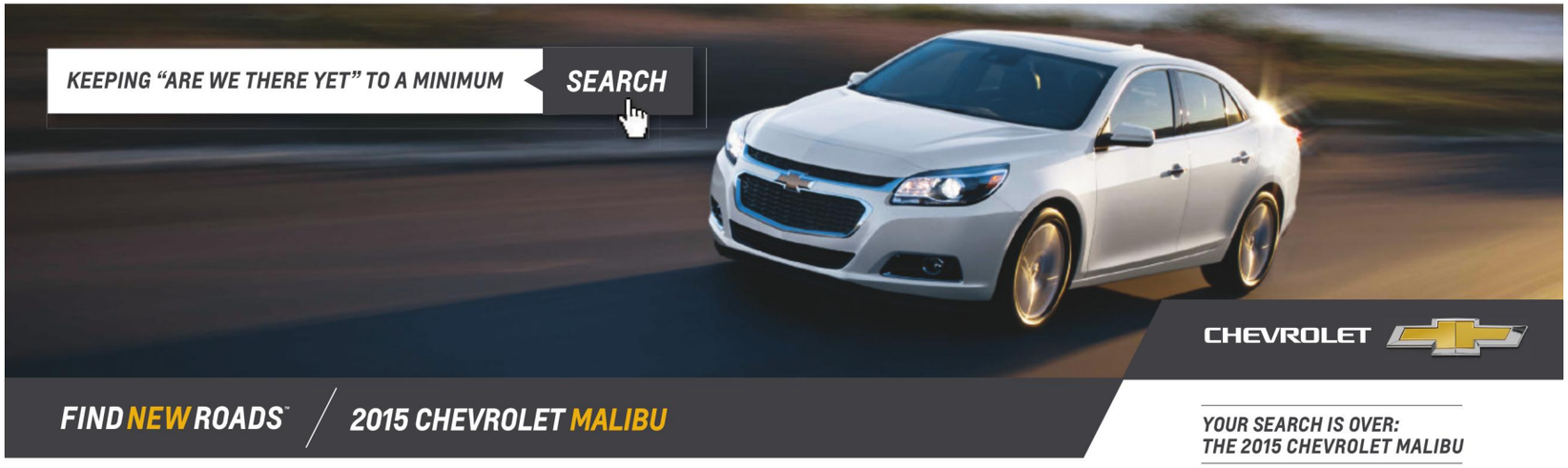
THE ASSOCIATED PRESS

Space exploration

Astronauts return home

A Russian Soyuz space capsule carrying three astronauts from the International Space Station landed safely in the frozen Kazakhstan steppe on Monday.

NASA astronauts Reid Wiseman, Alexander Gerst of the European Space Agency and Maxim Suraev of Russia spent five months in orbit, researching and maintaining the space outpost. THE ASSOCIATED PRESS



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#Ads. Canadians will start seeing advertisements in Instagram photo feeds

In 2012, Mark Zuckerberg's Facebook shrewdly signed a $1 billion US deal to acquire the booming free photo-sharing app Instagram.

Now, after doubling Instagram's user base to more than 200 million and quadrupling the number of shared photos to 20 billion, Zuckerberg is trying to recoup that investment.

About a year after launching in-stream Instagram advertisements in the U.S., and months after doing the same in the U.K. and Australia, the company began rolling out the first ads to Canadian users on Monday.

The long game

"We've always had big ideas for the future for Instagram. Part of making that happen is ensuring that Instagram becomes a sustainable business."

Helen Pak, Facebook's creative strategist who helped co-ordinate the ad launch in Canada.

It kicks off with promoted posts from just six companies: Air Canada, Hudson's Bay, Mercedes-Benz, Sport Chek, Target and Travel Alberta.

THE CANADIAN PRESS

Market Minute

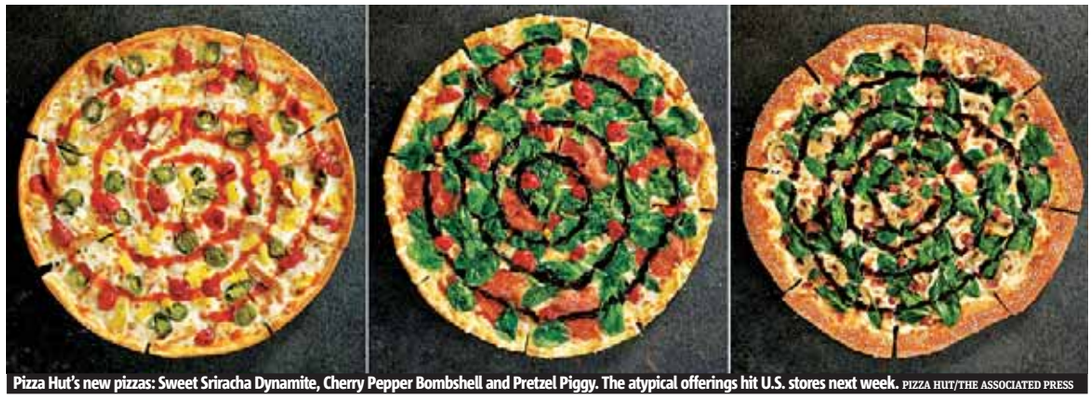
DOLLAR 87.92¢ (-0.32¢)

TSX 14,709.80 (+18.97)

OIL $77.40 US (-$1.25)

GOLD $1,159.80 US (-$10)

Natural gas: $4.27 US (-$0.24)
Dow Jones: 17,613.74 (+39.81)



Pizza Hut's new pizzas: Sweet Sriracha Dynamite, Cherry Pepper Bombshell and Pretzel Piggy. The atypical offerings hit U.S. stores next week. PIZZA HUT/THE ASSOCIATED PRESS

A big Sriracha pizza pie ...

That's amore?

Pizza Hut is serving up some wacky new flavours it hopes Americans will love in a bid to boost limp sales

Pizza Hut is letting customers play mad scientist, giving them the freedom to make pies with honey Sriracha sauce or add curry flavour to the crusts.

Don't order just yet

The company is still considering whether to introduce the new menu in Canada, spokesman Doug Terfehr said Monday.

The reworked menu is one of several major moves at old-standby restaurant chains, including Red Lobster and Olive Garden, as they try to adjust to changing tastes. Many customers, especially millennials, have turned their backs on chain restaurants and are demanding more variety, exotic flavours and higher-quality food.

Pizza Hut's atypical flavours and new ingredients are part of a menu overhaul announced Monday and set to hit stores Nov. 19. Executives hope the revamp — which includes an updated logo and more relaxed uniforms for workers — will be the trick that finally jump-starts sales.

Pizza Hut, which is owned by Louisville, Ky.-based Yum Brands Inc. and based in Plano, Texas, has reported sales declines for eight straight quarters at established locations, even as rivals Domino's and Papa John's have enjoyed gains.

To regain its footing, Pizza Hut is turning to a growing trend in the industry: Giving people greater flexibility to tailor orders exactly to their tastes. THE ASSOCIATED PRESS

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BOOBS, PHOTOSHOP & THE PUBLIC GAZE

SHE SAYS

Jessica Napier
metronews.ca

Have you seen Keira Knightley's boobs? Not the perfectly perky magazine cover ones, I'm talking about her real ones.

The actress posed topless in a recent photo spread for Interview magazine. She agreed to bare her breasts on the condition that the magazine wouldn't Photoshop her in post-production. This is clearly a personal issue for the A-cup celeb who regularly receives bust enlargements and virtual boob jobs from overzealous art directors.

Knightley's topless photoshoot hit newsstands back in August but the images had quite a viral moment on social media last week (a lucky coincidence since the actress is currently promoting her film The Imitation Game). The black-and-white image of Knightley showing off her small and slightly uneven (gasp!) breasts was an unavoidable trending topic.

There's no doubt that Knightley is an extremely gorgeous young woman, but it is somewhat refreshing to see a bare-breasted photo that's more evocative than erotic. "I think women's bodies are a battleground and photography is partly to blame," the star said in an interview with British newspaper The Times regarding her topless images. "Our society is so photographic now, it becomes more difficult to see all of those different varieties of shape."

Ain't that the truth. When it comes to the bodies that we see on our digital screens and printed pages, there's only ever a slight variation on the same silhouette. Even celebrity Instagram accounts — which in theory provide raw, candid snapshots of their "real" lives — feature retouched images with smoothed frown lines and digitally enhanced thigh gaps. Regular folks regularly use selfie improvement tools to enhance smartphone pics. MoreBeaute, a free app available on the iPhone, lightens, brightens and softens photos all over to create a smooth doll-like complexion devoid of wrinkles, freckles, discolouration and any real distinguishing features.

Retouching and manipulating images to make women appear slimmer, smoother and younger has become such a commonplace practice that it's actually more of a thing when it doesn't happen. The Internet is filled with sites dedicated to Stars Without Makeup (i.e., pictures of regular-looking human beings) while feminist blog Jezebel famously purchased unretouched images of Lena Dunham's Vogue cover shoot earlier this year for a whopping $10,000 US.

It's an interesting phenomenon when unedited photographs generate more attention than the enhanced and polished versions. Mass media has become so oversaturated with perfect-looking celebrities and models that we're now clamoring to see authentic images of them with pimples and lopsided breasts.

Ultimately, Keira Knightley isn't overthrowing any hegemonic beauty norms with her bare-breasted protest. Internet commentators might applaud the actress for her "brave" and "courageous" photoshoot, but this is still just another image of a young, thin, pouty-lipped Hollywood star. The photo itself isn't really that interesting; but the fact that we care so much about it certainly is.

Not making this up

Actress Kareena Kapoor retouches her makeup while promoting her film Singham Returns in New Delhi. The Supreme Court has ordered the lifting of a nearly six-decade de facto ban on women working as makeup artists in India's movie industry. SAURABH DAS/THE ASSOCIATED PRESS FILE

Judge strikes down discriminatory hiring practice in Bollywood

India's Supreme Court on Monday ordered the lifting of a ban on women working as makeup artists in the movie industry, ending a decades-long discriminatory practice.

The Cine Costume Makeup Artists and Hair Dressers Association had an unofficial ban on female makeup artists, though women could work as hairdressers to the stars.

The court order came on a petition by makeup artist Charu Khurana, whose case was supported by the National Commission for Women, a state organization that protects women's rights. Khurana trained at the Cinema Makeup School in Los Angeles, but said she found it impossible to get work as a makeup artist in Bollywood.

Khurana told reporters that the CCMAA rejected her application for a makeup artist identification card because she was a woman.

"The film fraternity knew about this unconstitutional practice for so many years, but no one resisted it," Khurana said.

Judge Dipak Misra heard arguments from both sides last week and was outspoken in his criticism. "How can it be said that only men can be makeup artists and women can be hairdressers? We don't see a reason to prohibit a woman from becoming a makeup artist if she is qualified," Misra said. "We are in 2014, not in 1935. Such things cannot continue even for a day."

The association said it was trying to ensure only that male makeup artists were not deprived of work in the film industry.

THE ASSOCIATED PRESS

MetroTube

Watch man struggle with fatherhood

ANDREW FIFIELD
andrew.fifield@metronews.ca

If there's one thing to envy about digital natives, it's that whenever they get it in their minds to do something dumb, there's a rich record of potential pitfalls on the Internet. For example, Jack here thought it would be a fine idea to toss a glowstick in a microwave. Things go awry, of course, leading to barely concealed dad rage and the loss of a particularly "beautiful shirt." So now you know: Don't put glowsticks in the microwave. (There's only one instance of salty language here, which is remarkable, considering.) (DaveMatthewsBandFan4/YouTube)

METRO PHOTO ILLUSTRATION

Twitter

@metropicks asked: Madonna is auctioning off some of her clothes, including the dress she married Sean Penn in and costumes from her films. Which celebrity's stuff would you like to get your hand on?

@TomBeyer7: would love to get one of the Beatles' Sgt. Pepper uniforms. Paul's with the #OPP badge would be my first choice.

Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 25 in Sports.

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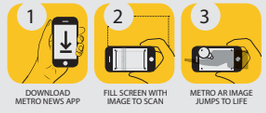

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DVD review

Jersey Boys

Director. Clint Eastwood

Stars. John Lloyd Young

Clint Eastwood's Jersey Boys entertainingly recreates an acclaimed stage show that you can now see for the price of a DVD rather than a Broadway musical.

As a bonus, it offers a little more depth than the jukebox musical. Eastwood's affinity for outsiders, and his deep love of music — he composed the scores to most of his recent movies — gives him a unique perspective on the Four Seasons, a band never really of its time and place.

Eastwood hits a casting high note by choosing mostly veterans of various Jersey Boys stage incarnations. They're led by Tony-winning John Lloyd Young as frontman Valli, the role Young created on Broadway nearly a decade ago.

Young, 38, can crucially hit all those falsetto notes in chart-bopping tunes like Sherry, Big Girls Don't Cry and Walk Like A Man, and he's a reasonable facsimile of Valli in face and stature, even playing him at age 16 in the movie's first act.

What Young lacks are the acting chops that could make Jersey Boys even more of a character study

But if you fondly recall the Four Seasons and the Jersey Boys stage show, chances are you'll like the movie, too. **PETER HOWELL**

'I just want to sing,' says Idol's Angie Miller

Music. Despite offers from record labels, singer is striking out on her own with the release of her first EP

PAT HEALY
Metro World News in Boston

If you pre-ordered Angie Miller's new EP, you're getting a personal touch that you might not even know about.

Miller, who rose to fame during the 2013 season of American Idol, is addressing the envelopes herself to send out copies of Weathered, which comes out today.

"My apartment is hilarious right now," she says. "It's me, my boyfriend and my best friend who are here, and there's a stack of T-shirts and a stack of CDs and envelopes everywhere."

Although Miller was not the first Idol hopeful to sing an original song on the show (we can't forget Larry Platt's Pants on the Ground), her song, You Set Me Free, was a breakout hit.

After her elimination on Idol in the top three, Miller talked with several record labels, but opted not to pursue a deal because it would mean sacrificing her independence.

"I realized that getting a label deal and doing all of that stuff would take away from what I truly want to do, and I would have to compromise, and I know I wouldn't be in control of my career," she says. "I want to know everything that's going on, at least to start out. I want to make mistakes and learn how to do things right."

Angie Miller hopes to capitalize on her American Idol success. GETTY IMAGES

You Set Me Free was uploaded to iTunes after her TV debut of the song. When asked how this might have helped her financially, she says, "Honestly, I don't even know. I have no idea."

"I'm very thankful for my time on Idol, though, and they got me all of my fans — all of my Dreamers, as I call them," she says. "I wouldn't be the artist that I am today without American Idol."

As for the artist she is today, Weathered showcases Miller's songwriting and vocal chops.

"With this EP, I just think the most important thing is that when people listen to the six different songs, I want them to hear six different points in my life over the past two years," she says.

Weathered is also more artistically daring than the usual post-Idol fare. The title track is a building instrumental storm, almost reminiscent of The Cure, before Miller shouts an incantation through the fog. And it's over in about two minutes.

"I'm not a super commercial, bubblegum pop kind of girl. I wasn't even that on Idol," she says. "I did lots of singing in lots of places, growing up before Idol. And I heard lots of No's and I didn't always win, and I think that was good.

"I think it prepared me, because you're not going to win at everything. I didn't even win at Idol! Who knows if I'll ever completely win at something, but it doesn't matter. I can still sing! I'm not a huge fan of competition, anyway. I just want to sing."

Mass effect

Miller grew up in Beverly, Mass., before moving to Los Angeles at the beginning of this year. One of the tracks on Weathered is an anthem called This is the Life, with the refrain of "That's the way we do it, raised in Massachusetts."

"That is a tough word to fit in a song," she says. "Oh my goodness, that song came out of nowhere. I wrote it with three guys that go by the name of Red Decibel. We were just sitting in a pizza shop and we were like, 'We want to write a fun song!'"

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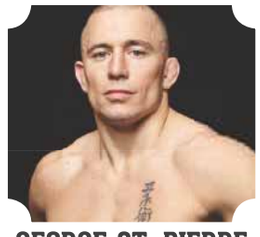
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Tabloid blogs are trying to use Leighton Meester's lyrics as a gossipy peek into her private life. THE CANADIAN PRESS

Looking for gossip in a song is just 'sad'

Music. Leighton Meester wishes people would take their own experiences out of her songs on Heartstrings

Leighton Meester's rootsy redesign Heartstrings offers a much clearer look at the actress-musician-model than her prior forays into glossy pop — and naturally, tabloid blogs are trying to use her lyrics for a gossipy peek into her private life.

In particular, the album's Fleetwood Mac-reminiscent title track inspired a round of articles speculating on which ex might have been Meester's inspiration, replete with thoughtful breakdowns.

The 28-year-old Meester, who has protected her privacy more carefully than many young stars, said she didn't intentionally obfuscate details in her songwriting to avoid this scenario. But she finds such lyrical sleuthing a bit uncomfortable, not to mention inaccurate.

"That's sort of what takes a bit of joy out of this process — it's all beautifully positive, but you know for people to focus on that would really be sort of sad, because I think they're missing out on their own experience," the former Gossip Girl star said in a telephone interview this week.

"That's what those people are built to do, and they're going to do it, I suppose. But (the lyrics are) truly not specific enough. It's just me and my feelings and my experiences and my heart. And truly, no one song is about any particular experience. It's really just sort of the culmination and the piling up of experiences."

And yet, Meester says the musing-on-muses phenomenon — of course also a Taylor Swift-related tradition — extends beyond the blogs.

"One thing that's strange is to say (live): 'I wrote this song about a breakup.' And then I can hear people in the crowd going, 'Who is it?' 'Who's she talking about?' First of all, that's not the point," Meester said. "And also ... I'm sure people deal with this all the time but it reduces it in a way that I don't like.

"It's so strange and sad to try to link these (songs) to a Hollywood hunk.

"It's sort of sidelining I suppose my actual message or accomplishment."

THE CANADIAN PRESS

Long time coming

Meester took more than two years to work on the songs on Heartstrings, while continuing a film career and spending four months performing Of Mice and Men opposite James Franco and Chris O'Dowd on Broadway.

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Talking ballet over a meat bacchanalia

Going out. Dining with principal dancer Evan McKie at The Carbon Bar

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto's newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
Andrew John Virtue Dobson
dobbernationloves.com
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I was looking forward to going on a date with Evan McKie, who was recently announced as the National Ballet's newest Principal Dancer.

We met on Queen Street East at my favourite carnivore restaurant, The Carbon Bar. Our conversation unfolded over the kitchen's signature Pit Master Platter, a food coma-inducing platter of pork ribs, beef brisket, buttermilk fried chicken and pickles.

Born in Toronto, McKie received his earliest dance training at Canada's National Ballet School. Today, he is recognized in elite ballet circles as one of the world's top male dancers with a penchant for dancing on tiptoe.

"Of all of today's dance stars, McKie is one of the very brightest," says Paris-based Danse Magazine.

McKie fell in love with ballet when he was eight. He fondly recalls his formative years.

"I grew up studying ballet in The Village and was often inspired by my strolls between Jarvis and Church.

"The stories one encounters at the ballet include a quirky cast of characters: prostitutes, flamboyants, drug addicts ... The neighbourhood at the time offered endless inspiration," he says with a smile.

While McKie grew up in Toronto, he spent his early adult life performing for audiences in New York, Paris, Tokyo, Stuttgart and Moscow. So how does he feel about being back on his home turf?

The National Ballet's Evan McKie at The Carbon Bar. ANDREW DOBSON

"A ballerina's career is short. Every moment is a luxury and I'm thrilled to be in Canada during my prime. The city is growing rapidly. There is such ecstatic growth."

And how do Toronto's fans differ from the ones he's encountered abroad?

"Torontonians have big dreams for what they want to see. This year we have an exciting season, which I think will satiate the city's hunger for the new.

"Canadians want to be moved and they demand that their dancers are emotional. They want them to act and entertain."

McKie will be taking on the role of Diaghilev in the Ballets Russes-inspired Nijinsky. He promises the show will wow.

"It's really vibrant! A real treat for the senses: A sexy cast of characters prancing upon lavish and exotic sets."

Where to go before, after

Pre: Grab an Italian inspired bar bite at Nota Bene.

Post: Indulge in the late night with cocktails at the Shangri-La's luxurious lobby lounge.

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Performances: Nov. 22-30

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The Word

Macaulay Culkin ALL PHOTOS: GETTY IMAGES

Celebrity death hoaxes: A timeline

NED EHRBAR
Metro in Hollywood

Reports of Macaulay Culkin's death this weekend quickly proved to be false — with the man himself popping up on Twitter to confirm his continued existence — but he's hardly the first famous face to be proclaimed deceased online. These have been happening for a while, but we're starting in June 2009, when Jeff Goldblum famously appeared on The Colbert Report to refute claims he'd perished the same day as Michael Jackson and Farrah Fawcett.

2009
June: Jeff Goldblum
October: Zach Braff, Kanye West

2010
January: Taylor Lautner
December: Eddie Murphy

2011
March: Jackie Chan
May: Dwayne Johnson
August: Jackie Chan
September: Joan Rivers, Lady Gaga, Tony Danza
October: Luke Perry
November: Denzel Washington, Missy Elliott
December: Jon Bon Jovi

2012
February: Soulja Boy, Rowan Atkinson
March: Justin Bieber, Celine Deon, Paul McCartney, Chris Brown
July: Eminem
August: Bill Cosby, Bill Nye, Eddie Murphy
September: Alfonso Ribeiro, Morgan Freeman, Adam Sandler, John Cena, Tony Danza
October: Johnny Depp, Jim Carrey

2013
January: Mickey Rourke
June: Bindi Irwin, Jackie Chan
September: Chloe Grace Moretz
December: Lil Wayne

2014
March: Wayne Knight
August: Sylvester Stallone
September: Betty White
October: Judd Nelson
November: Macaulay Culkin

Twitter

@ElizabethHurley
First day back in winter clothes...

@katyperry
Sunburnt in November.

@PamGrier
For Veterans Day, donate a CD player with ear buds and audio books to VA hospitals. There are not enough volunteers and books. Practical!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Rating the success of the stars we love to hate

As Taylor Swift's song goes, "the haters gonna hate (hate hate hate hate hate)." For some celebrities — like Swift — all that animosity wilts in the face of continued success, while for others — looking at you, Renée Zellweger — it's an obstacle they can't get past. Certain famous women constantly find themselves on the receiving end of a wave of negativity despite putting out great work, and it's really kind of a head-scratcher. Why are some women perennial targets for haters more than others? And why do famous men get a pass from this kind of premeditated bashing?

Take Swift and Katherine Heigl. They attract about the same amount of ire, but Swift keeps going platinum while Heigl has struggled since leaving Grey's Anatomy. With the massive success of Swift's 1989 last week and the premiere of Heigl's buzz-y new show, State of Affairs, next week, it's a perfect time to take a look at some of the more divisive female stars and see how all the toxic chatter is really affecting their bottom lines.

We broke down some of the most beloved to the most taunted celebrities, measuring success versus hate out of 10.

Star vs. success/hate ratio

Renée Zellweger: 3/10

Miley Cyrus: 9/8

Katherine Heigl: 2/9

Anne Hathaway: 9/6

Taylor Swift: 10/9

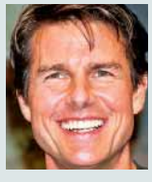
Jennifer Aniston: 5/5

Gwyneth Paltrow: 5/8

Jennifer Lawrence: 10/1

The male equivalent

We racked our brains for a male equivalent to this phenomenon and the closest was Tom Cruise. People's opinion of him might finally be catching up with his box office, if Edge of Tomorrow is any indication.



Gabrielle Union

Don't put blame on me, Gabrielle says, calling nude photo leaks 'a crime'

Now that she's had some time to think about it, Gabrielle Union is speaking her mind about the nude photo leak from two months ago perpetrated against her along with a slew of famous women like Jennifer Lawrence. "I didn't do anything wrong — no matter what people describe to me, 'It's your fault, you're stupid to take nude photos, that's what happens when you're a celebrity' — all this nonsense ... they're criminals," she told the crowd at the recent Fun Fearless Life event in N.Y.C. (Union also penned an editorial about it for the December issue of Cosmopolitan.) "What you do with your own body is your choice. Period. There's no grey (area) there. And when someone takes your choice away and your power away over your own body, it's a crime. Period. A hacking scandal? We're lessening it, making it more palatable for mass consumption, but it's a crime."

Nick Jonas

Hmm? Maybe Nick needs a healthy outlet of his own

Nick Jonas is working so very hard to distance himself from his former Disney-controlled Jonas Brothers image, doing everything from giving crotch-grabbing demos to covering Sam Smith songs in tiny clubs in L.A. to posting as many sweaty, shirtless selfies as he can muster. Oh, and talking about sex. A lot. In the latest issue of British gay magazine Attitude, he offers this wisdom: "Sex is such an important part of a healthy life, in the sense that it's an intrinsic part of who you are. When your sex life is not healthy, you resort to other things as an outlet."

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LIFE 3

Extreme confidence alone does not a narcissist make

Condition. Be careful whom you diagnose with this serious personality disorder

The past few weeks have brought the discussion of narcissism to the forefront, but what is narcissism and how do you know if you've met a narcissist? We called on Metro New York's advice columnist Kim Schneiderman, a psychotherapist and author of Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life, being published in the spring, to give us her take on everything we need to know

KIM SCHNEIDERMAN
Metro World News in NYC

There are ways to tell if someone is a narcissist or just vain. ISTOCK

Reportedly, narcissists have more sex, are nightmares to divorce, feed on self-promotional platforms like Facebook and Instagram, and are growing in numbers. One study even likened narcissism to a modern-day epidemic because they procreate at statistically higher rates.

"Narcissist" has become the latest slur many people use to discredit bosses, former romantic partners, siblings and politicians — virtually anyone who makes life miserable, as egotists often do.

Yet some of the very same traits commonly associated with narcissism — extreme confidence, concern with appearance, self-absorption, superficiality and attention-seeking — would appear to characterize a fair-sized swath of the general population, especially in big cities where such attributes are encouraged and commonly associated with success.

Are you a narcissist?

To diagnose someone with Narcissistic Personality Disorder, he or she must meet at least five of the following criteria:

- **Display an exaggerated sense of self-importance or grandiosity**
- **Harbour fantasies of unlimited success, power, brilliance or beauty**
- **Express excessive concern about their status and sense of specialness**
- **Require constant admiration**
- **Possess a sense of entitlement**
- **Lack empathy and aspire to be envied (while secretly envying others)**

Superficial egotism and inflated sense of self are widely understood as an overcompensation for deep-seated shame and self-doubt. Most narcissists had either self-absorbed or authoritarian parents who didn't properly acknowledge, accept or praise their thoughts, feelings and talents.

Without this, narcissists never develop an accurate picture of themselves and remain emotionally stunted, focused on preserving the mask that hides the deeply insecure person behind it.

So how can one distinguish a self-centred person from a pathological narcissist?

Motivation

People fitting either description might aspire to maintain their figures and dress fashionably. A truly confident person will be driven by self-care and personal expression, whereas a true narcissist will aspire to win other people's love and admiration or as a means to manipulate — for example, to have sex.

Empathy

While some argue that narcissism exists along a continuum, with milder sufferers able to feel genuine compassion, those at the more extreme end don't value others' emotions and experiences. When challenged, they often respond with denial and rage, and can be especially vindictive.

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It's supplemental when it comes to vitamins

Nutrition tips. Looking for a little extra oomph in your diet? Experts weigh in on which add-ons actually provide a benefit

LASSE EMIL KRISTIANSEN
Metro World News in New York

With aisles full of endless vitamins and supplements, which are the ones you really need to take? We asked experts for their best advice on what supplements to take — and more importantly, how to remember to take them!

Nutritionist Brooke Alpert, a registered dietician and author of The Sugar Detox, recommends all her clients take vitamin D, omega-3 and a probiotic. Those three are what most people are lacking, she says, and they are vitamins that can be taken every day.

"The goal is to get these from your diet, but there's no way to get enough vitamin D from your diet," she says. "And there's no way of being sure that we get enough omega and fatty acids from the quality of fish we're eating."

The nutritionist recommends that fat-soluble vitamins like A, D, E and K should be taken with food. Fat helps you absorb those vitamins, she explains.

"But what's most important is taking them at a time you will remember. I would rather have the vitamins be a little less effective, but taking them regularly instead of sporadically," Alpert says.

And she has some good advice for how to remember it:

"Put the vitamins next to your toothbrush, so you remember to take them before you go to bed. You brush your teeth, you floss, you take your vitamins and you go to sleep."

Another important thing is to get into a vitamin routine as early as possible.

"In their 20s, a lot of people aren't thinking long term," she says.

"'I'm 25, I'm invincible. I feel great, I don't need sleep.' But get into that routine of taking vitamins, and trust me — when you're in your 30s you'll appreciate what you did in your 20s," the nutritionist says.

Dermatologist Dr. Mitchell Kline also highly recommends that people take a vitamin D supplement.

"You can't get enough vitamin D by going in the sun for 15 minutes. That's made up!" Kline says.

He also wants everyone to remember to get their antioxidants — especially men, who seem to forget it.

"It's also important to get these vitamins topically," the dermatologist adds. "Use cream for your face. Again, that's something men forget about. Cream is necessary."

Lastly, the doctor adds that vitamins can be taken when it suits you.

"If it doesn't upset the stomach, you can take it whenever. If the vitamins upset your stomach, you should take (them) after a meal," he says.

Vitamin D, omega-3 and a probiotic are basic supplements everyone should be taking. ISTOCK

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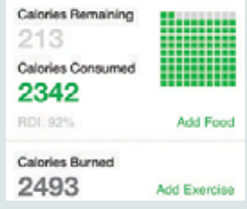

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EVA KIS
Metro in New York City

Could that punch knock out more than what's nagging you now? ISTOCK

Besides the short-term feel-good endorphins released during exercise, scientists have known that physically fit people are also better protected from stress-induced depression.

But the reason for this benefit wasn't clear until a new study by researchers at Sweden's Karlinska Institutet unlocked how the brain is protected by exercise.

Research has shown that workout out raises the level of a protein called PGC-1a1 in skeletal muscle. The Swedish team honed in on this protein, genetically modifying mice to produce more of the protein, which led to their skeletal muscles showing characteristics of training even without exercise, they report in the journal Cell.

These mice, as well as a group of non-modified control mice, were kept under stressful conditions that included loud noises, flashing lights and disruption of their natural circadian rhythms. After five weeks, the normal mice had become depressed, but the genetically modified mice showed no symptoms or behaviours of depression.

The researchers' initial hypothesis was that the PGC-1a1 enhanced muscles would produce a brain-boosting substance, but that's not what happened.

"We actually found the opposite: Well-trained muscle produces an enzyme that purges the body of harmful substances," Jorge Ruas, principal investigator at the Department of Physiology and Pharmacology, Karolinska Institutet said in a statement. "So in this context, the muscle's function is reminiscent of that of the kidney or the liver."

The enhanced mice also showed higher levels of an enzyme called KAT, which converts a metabolism byproduct, kynurenine, that forms during stress into kynurenic acid, which cannot pass the blood-brain barrier. Though the exact function of kynurenine isn't known, it's present in high levels in mentally ill patients.

In fact, mice in the PGC-1a1 were not only unaffected by their stressful environment, their kynurenine levels never rose since it was so rapidly converted by their muscles.

The puzzle of depression

Depression is estimated to affect 350 million people worldwide, and scientists are still unsure of its cause and chemistry.

- "In neurobiological terms, we actually still don't know what depression is," said Mia Lindskog, a researcher at the Department of Neuroscience at Karolinska Institutet. "Our study represents another piece in the puzzle, since we provide an explanation for the protective biochemical changes induced by physical exercise that prevent the brain from being damaged during stress."

What to eat before and after a workout

When it comes to working out, your snacks should work as hard as you do. We got registered dietitian Molly Morgan to share some of her favourite products from Nuts.com to help your body build muscle, fight fat and recover the best it can after a workout.

Cacao Goji Energy Squares:

When a dietitian recommends chocolate, who are we to argue? These densely packed bites are made with organic, raw ingredients: dried fruit such as dates, raisins and apricots, as well as sunflower and sesame seeds. Besides being a great source of vitamins, minerals and fibre, the cacao and goji berry add antioxidants, plus the boost of energy needed to get you pumped for your workout.

Power Mix:

This grown-up version of trail mix is pure energy (with zero added salt). Roasted peanuts and soybeans provide ample amounts of protein and dietary fibre, while raisins, dried strawberries, cherries and cranberries pack in vitamins and antioxidants. Just toss this snack into your gym bag, or bring some along on hikes and bike rides for a steady source of body fuel.

Sacha Inchi:

Also known as Inca peanuts, these make Morgan's list because they provide a complete source of protein with all the essential amino acids. Just a handful (1 ounce) has about 8 grams of protein and 6 grams of fibre. Their mild, nutty taste makes them a great addition to a smoothie; toss a few in for texture.

Quinoa Puffs:

These little squares contain all nine essential amino acids, the proteins that build muscle. Quinoa puffs are an easy way to get the benefit from the nutrients in regular quinoa, an excellent source of iron and fibre. Morgan likes them as part of breakfast, perfect with a drizzle of honey, fresh fruit (go for blueberries, an antioxidant powerhouse) and milk.

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Banh Mi is all the rage in foodie circles and it couldn't be easier for you to be oh-so-cool when you serve it.

Traditionally, Banh Mi refers to a chewy baguette created during the French colonization of Vietnam.

The treat combines seasoned pork and traditional intensely flavoured Vietnamese vegetables like cilantro and pickled carrot with the classically French ingredients of bread and mayonnaise.

The recent trend has taken over breakfast sandwiches with eggs plus spicy sauce taking centre stage.

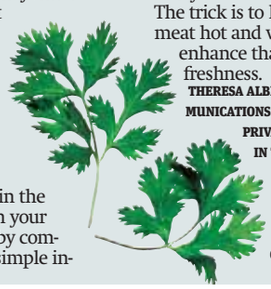
You can join the cool kids from your own kitchen by combining a few simple ingredients and layering them on a store-bought baguette.

Meat filling:
- Cooked pork tenderloin
- Leftover roast beef
- Leftover quiche or frittata

Combined with any combo of:
- Cilantro leaves
- Mint leaves
- Coleslaw mix
- Grated carrots
- Pickled hot peppers
- Shredded lettuce
- Radish or daikon

Topped by a few of these:
- Chipotle mayo
- Maggi sauce
- Sriracha
- Hot sauce
- Mayo

The trick is to keep the meat hot and veggies cold to enhance that street food freshness.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM

Step up your sandwich game

Fooled Ya Banh Mi.

This version of the Vietnamese favourite speeds up the preparation process

This recipe serves four. THERESA ALBERT

Ingredients

Marinade
- 2 tbsp grapeseed oil
- 1 tsp sesame oil
- 1 tsp black pepper
- 1 clove garlic, minced
- 1 tbsp honey
- 1 tbsp rice vinegar
- 1 lb pork tenderloin

Filling
- 2 cups shredded coleslaw mix
- 1 tbsp chipotle mayo
- 1 tbsp fresh lime juice

Sandwich
- Baguette sliced into 4 sections and halved
- More mayo as desired
- Cilantro leaves

1. Mix together marinade in a large bowl and let sit while you slice pork into medallions and slide into bowl.

2. Preheat skillet and add pork mix along with liquid. Cook over medium high heat 5-10 minutes until cooked through.

3. Meanwhile, in a separate bowl, mix coleslaw mix (or grated cabbage) with chipotle mayo and lime juice.

4. Spread bread with mayo, top with cilantro leaves and coleslaw mix.

5. Drain pork well and place a few slices onto bread.

THERESA ALBERT (@THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM)

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They all badger me during break time

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I work in a hectic office, and when my break rolls around, I just want a few minutes of quiet solo time. Unfortunately, this rarely happens: More often than not, someone invites themselves to come wherever I happen to be going. How can I ditch my tagalongs without seeming like a grouch?
— Get Away from Me!

Hiding from your office's Chatty Cathy isn't going to hold up forever. Explain to her that a few seconds of solitude each day does your soul some good. ISTOCK

Dear GAFM,
Think of yourself as a white-collar cat burglar: When the clock strikes breaktime, you soundlessly — and theatrically — tiptoe from your desk to the door. Can't pull off a Pink Panther? Bid adieu to your sidekicks with a nice but not-quite-enticing verbal dodge. When Beth asks to come for a coffee, tell her you're calling your mom. If Todd wants a breath of fresh air, explain that you're all about errands. Don't reject them outright — but don't offer an appealing invite.

And honesty should not cause ennui. Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

Should you get cornered into company, it's fair to explain — point-blank but politely — that you need a few minutes of solitude. Or tunnel yourself, Shawshank-style, to the sidewalk.

Dear Metro,
I work from home — and I also live below a diehard house music fan. Starting around 10 a.m. every morning, it's unst-unst-unst all over my apartment. I've asked the guy to turn it down, but he won't. I've told my landlord, but she isn't much help. How can I get work done when it feels like I live in a club?
— Not Feeling the Rhythm

Dear NFTR,
Breakfast is no time for bone-shaking bass, and house music is especially polarizing. Lots of people connect to it. But for those who don't, it can cause scratch-out-your-eyes, dig-in-your-brain aggravation.

If earplugs can't screen out the beats, try white noise. There are plenty of free apps offering productivity-enhancing tracks like "TV static" or "beach waves."

You could also upstage his playlist with loud tunes of your own — although the combo of noises might sound like a bad DJ's crappiest mix.

When it comes to quiet, play the long game. Right now, he won't drop the volume. But what will he say in a few months, when you've made an effort to become his bud?

Your impulse is probably to bang the ceiling with a broom and scowl in the halls.

But a smile will more effectively oust his unsts.

A moment for moi

Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Should I set down my studies for a year and get to know the globe?

Education. Is a 'gap year' after high school the right choice for you?

LAKSHMI GANDHI
Metro in New York City

Elizabeth Campbell decided to spend a year in Spain learning Spanish before heading to post-secondary school. CONTRIBUTED

It's a familiar script that millions of students follow each year: Graduate high school and then immediately start post-secondary. But more and more students are embracing the "gap year" — a year of volunteering and working before heading to campus.

"In the beginning of senior year I was really stressed out with homework and extracurricular activities and everything that goes along with it in high school," says Elizabeth Campbell, a 19-year-old from Little Rock, Ark. "And I decided, 'Hey, maybe I want to take some time off and travel and learn another language.'"

Campbell decided to defer her admission to Furman University for a year and moved to Seville, Spain, as part of a gap year program with the Council on International Educational Exchange.

"I lived with a host family and went to an intensive language study," explains Campbell, who also spent a significant amount of time volunteering as an English tutor at two local schools, one of which served the children of Ecuadorian immigrants. She says that in many ways, her year away gave her a leg up when it came time to start college

"It definitely made me a more open-minded person," she says. "I was just so stressed out senior year (of high school), and the gap year really gave me a break from that academic pressure and that pressure to succeed and make really great grades. I definitely think that I'm really fresh for college now."

In many ways, Campbell's story is typical of students who take gap years, says Jay Bacrania, the CEO of Signet Education in Cambridge, Massachusetts. Bacrania and his colleague Sheila Akbar often help plan gap years for the students they work with, which they stress isn't a year-long vacation.

"They are going to be challenged," he says, adding that planning is key. "It's not really a way to disguise a year off." Students weighing whether to take a gap year should ask themselves these questions:

What do you want to accomplish?
"Think about what your goals are," advises Bacrania. "Is there a project you want to work on?" He suggests that high school seniors talk with their families or other mentors about things they'd like to achieve during the year and to come up with a realistic plan reach those goals.

Are you taking time off for the right reasons?
Sometimes students who didn't get into their dream college or university think that a gap year can help bolster their college applications and get them to the next level.

"We don't encourage that," says Bacrania, noting that some students flirt with the idea of the gap year quite late into their senior years when they feel like they aren't getting into the schools they want.

Both Akbar and Bacrania say they usually suggest that students complete the college application process and defer admission for a year.

'Round the planet plan

Thinking of taking a gap year? Ask yourself how much structure you need.

- Some students want to focus on developing a skill or learning a language during their gap years. Sheila Akbar recalls working on a plan for a student who was interested in exploring a career in fashion. "We researched summer programs and said, 'These are the pros and these are the cons.'"

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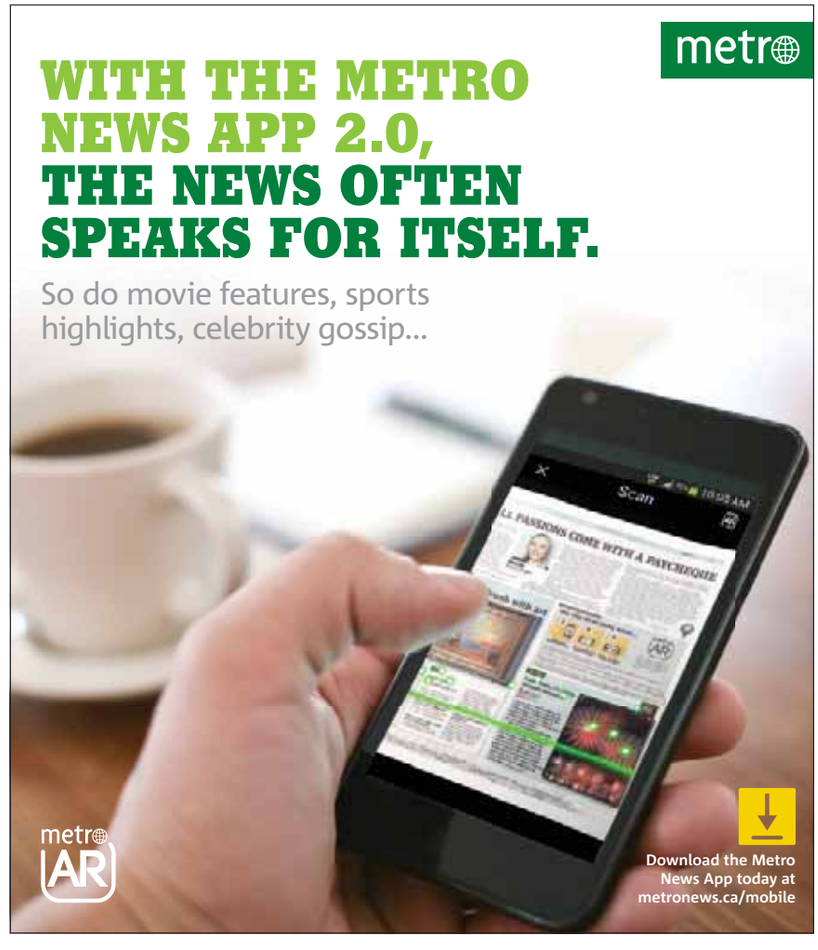
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Peter Holland is now the Leafs' third-line centre with Mike Santorelli and Leo Komarov manning his wings. DOUG PENSINGER/GETTY IMAGES

'D' helping Holland up the depth chart

NHL. Leafs centre has used defensive prowess to earn trust of Carlyle

The way to Maple Leafs coach Randy Carlyle's heart is through defence.

We've seen Jake Gardiner benched, Morgan Rielly benched, Matt Frattin benched. All three are young, offensive-minded players who have been guilty of weak defence at times.

Carlyle controls the minutes. He says he wants the Leafs to be a four-line team. But that is not at the risk of putting out players he doesn't trust. The bench gets shortened in tight situations.

The message: If he trusts you, he'll play you.

Peter Holland has learned that quickly and is using it to his advantage while proving to himself, and others, that he belongs in the NHL.

"It started with me being solid on the penalty kill," said Holland. "That was a huge thing. When you're playing with Leo (Komarov) and Santo (Mike Santorelli) and guys the coach already trusts, it's natural for him to roll his lines out the gate.

"Playing with those guys has definitely helped, as well."

In a remarkable admission during training camp, Holland, 23, said this would be a kind of make-or-break year for him, to prove he belonged in the NHL. He was a first-round pick of the Anaheim Ducks — 15th overall — in 2009, just eight spots behind Nazem Kadri.

Scoring touch

A funny thing happens when a player gets more playing time: He will often start scoring more.

- Peter Holland has three goals and an assist in his last five games. He scored short-handed against New York on Saturday and set up Santorelli's short-handed winner over Ottawa on Sunday.

Prior to this season, Holland had played only 68 games in the NHL since 2010, not good enough for a top-15 pick.

Last year, he was on four teams: the Ducks, the Leafs (who got him in a trade), the AHL Norfolk Admirals and the Marlies. He was tired of being called up and sent down.

He's a big centre, but playing behind Tyler Bozak, Kadri and Santorelli this season, Holland wasn't destined for power-play time.

His path to seeing significant ice? He asked to kill penalties. Carlyle let him.

In Carlyle's view, when a young player succeeds defensively, everyone is better off.

"They earn confidence, they earn the coach's trust and they earn teammates' respect," said Carlyle.

Since he's earned the trust of his coach, Holland has seen his playing time rise steadily. He has played more than 15 minutes a game in his last five games, hitting 19:25 against Colorado — a career high — and 17:43 against the Rangers.

TORSTAR NEWS SERVICE

Remembrance Day. Leafs legend Bower snuck into war at age 16

The best hockey players and the best soldiers have been said to share some of the same qualities: discipline, pride and determination.

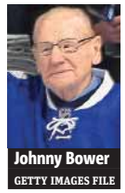
Sometimes, a little cheating goes a long way too.

Former Maple Leaf goalie great Johnny Bower, 90, admitted on Monday that he lied so he could enlist in the army for the Second World War as a 16-year-old.

"I lied a little bit, sure," Bower said with a big chuckle at the Hockey Hall of Fame's unveiling of its Hockey Marching as to War exhibit to commemorate the centennial of the start of the First World War.

Bower admitted he also had a ready answer when he was asked for his birth certificate.

"I said there we had a big fire at home and it was burned," Bower recalled. "I lied there so I could get in. I wanted to go with my other buddies."



Johnny Bower GETTY IMAGES FILE

Along with artifacts and graphics, interactive stations at the Hall reveal medical files and personal notes of players who served for their country.

Bower said that as a boy growing up in Prince Albert, Sask., he wanted to join a group of friends who were sent to Vernon, B.C., for training.

Bower was eventually stationed in London, England. Later, when soldiers were being selected to go to fight in Dieppe, Bower couldn't go because of arthritis in his hands.

"That's the reason why I didn't see action," Bower said. "A lot of guys were killed on the beaches."

Bower said he knew of about four or five hockey players from Prince Albert who never came back.

"They were good hockey players," Bower said. "They could have made the National League just like nothing. Some were lucky. I was very lucky."

TORSTAR NEWS SERVICE

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Sports in pictures

1 Domestic violence investigation. No charges against 49ers DL

The Santa Clara County district attorney's office declined to file charges against San Francisco 49ers defensive lineman Ray McDonald in a domestic violence investigation.

Prosecutors cited a lack of co-operation by the alleged victim, McDonald's fiancée. THE ASSOCIATED PRESS

2 Staying out of it. Vikings mum on Peterson's possible reinstatement

Vikings coach Mike Zimmer declined to speculate Monday about whether Adrian Peterson would immediately rejoin the team if he's reinstated by the league.

Peterson is on a special commissioner's exempt list, stemming from his September indictment on felony child abuse. THE ASSOCIATED PRESS

3 Home is where the fear is. Spurs afraid to play on their own pitch

After losing four of six home games, the pressure is increasing for Tottenham, which has fallen to 12th in the Premier League.

Many of the Spurs dread playing in front of their home fans and are so gripped by fear that they are reluctant to receive the ball, striker Emmanuel Adebayor said. THE ASSOCIATED PRESS

4 MLB awards. Abreu, deGrom named rookies of the year

Chicago White Sox first baseman Jose Abreu was a unanimous winner of the AL Rookie of the Year award, and New York Mets pitcher Jacob deGrom won the NL honour.

Abreu received all 30 first-place votes for 150 points in balloting by the Baseball Writers' Association of America, while DeGrom received 26 of 30 first-place votes and 142 points. THE ASSOCIATED PRESS

Another tough test lies ahead of Raonic

Just grin and bear it. Hard-serving Canadian must put loss to Federer behind him as he faces Murray next at year-end ATP Finals

metro AR Milos Raonic, left, congratulates Roger Federer on winning their round-robin match at the ATP Finals on Sunday in London, England. Scan the image with the Metro News app for results from the year-end tournament's matches on Monday. JULIAN FINNEY/GETTY IMAGES

Before trying for another win against Andy Murray, Milos Raonic will have to get over another painful loss to Roger Federer.

The 23-year-old Canadian takes on home favourite Murray on Tuesday at the ATP Finals, the prestigious year-end men's tennis tournament.

Both players lost their opening first-round matches on the weekend, with Murray going down to U.S. Open runner-up Kei Nishikori and Raonic losing in straight sets to six-time champion Federer.

After defeating Federer for the first time in his career just over a week earlier in Paris, Raonic was far from pleased with his showing in Sunday's rematch against his nemesis.

"I get pretty angry when I lose, so I'm going to have to learn how to slap myself out of it," said the hard-serving player from Thornhill, who fell to 1-7 against Federer in his career.

Raonic, the first Canadian singles player to qualify for the year-end tournament, was trounced 6-1 in the first set against Federer. Raonic then fought back in the second set before failing to convert on set point. Federer made him pay, forcing a tiebreak that he easily won 7-0.

While Raonic has long struggled against Federer, he carries a 4-2 record over Murray into Tuesday's match.

The eighth-ranked Canadian won their last meeting in the fourth round at Indian Wells in March. Murray's only wins came two years ago in Miami (walkover) and New York (fourth round).

But the sixth-ranked Scot is fighting for his pride at home and will no doubt be a threat after clawing into the eight-man season wrapup with three autumn titles in the space of five weeks.

"It's a completely different match, things are going to be quite different than the first match," said Raonic. "We both have more of an idea what we need to do different for the next round.

"It's going to be about who necessarily adjusts better, who can play better come Tuesday night."

Unlike other tournaments, a round-robin loss at the ATP Finals does not necessarily mean total defeat.

"At the end of the day, it's just a tournament with a different format," Raonic said.

"You are just trying to be as efficient and as proficient as possible in finding a way to prepare for your matches so you can play your best level when needed." THE CANADIAN PRESS

Turf war. U.S. men's team backs group fighting to play on natural grass

Players on the U.S. men's soccer team have thrown their support behind the women fighting against artificial turf at the 2015 Women's World Cup.

The U.S. National Soccer Team Players Association issued a statement Monday saying its members "fully support the women's national team players from around the world in their efforts to play on natural grass at the 2015 Women's World Cup." THE CANADIAN PRESS

U.S. star Abby Wambach is one of the women fighting against playing on artificial turf at the 2015 Women's World Cup. GETTY IMAGES

Rafael Nadal. Spanish star to undergo stem cell treatment on injured back

Rafael Nadal's doctor says the 14-time Grand Slam winner will receive stem cell treatment on his ailing back.

Angel Ruiz-Cotorro told The Associated Press by phone on Monday that "we are going to put cells in a joint in his spine" next week in Barcelona.

The Spanish tennis star was already sidelined for the rest of the season after having his appendix removed last week.

Ruiz-Cotorro, who has worked as a doctor for Nadal for the past 14 years, said Nadal's back pain is "typical of tennis" players and that the treatment is meant to help repair his cartilage and is similar to stem cell treatment Nadal received on his knee last year. THE ASSOCIATED PRESS

If all goes well ...

Nadal is expected to return to training in early December.

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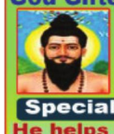
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Over the next few days you will find yourself in situations that demand you take a leadership role, which you are good at. Remember, with authority comes responsibility.

♉ Taurus
April 21 - May 21
Be clear about what you believe and be positive when communicating those beliefs to others. People are interested in what you have to say, but learning is a two-way process.

♊ Gemini
May 22 - June 21
You may be worried about taking a risk with your resources but what alternatives do you have? Not many.

♋ Cancer
June 22 - July 23
Your instincts may tell you that what you are planning to do will be unpopular with certain people. So what? You don't care about being popular, you care only about being right.

♌ Leo
July 24 - Aug. 23
You will have to deal with someone you don't much like today but there does not have to be conflict. You can easily avoid a confrontation if you keep your wits about you.

♍ Virgo
Aug. 24 - Sept. 23
The world looks a brighter place than it did a week or two ago and you have every reason to expect that the good times will keep getting better.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you may have gone too far in your criticisms of a friend and today you will have to backtrack a bit.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be afraid to explore ideas that certain people say should be out of bounds. If you let them set the agenda then you put yourself at a disadvantage.

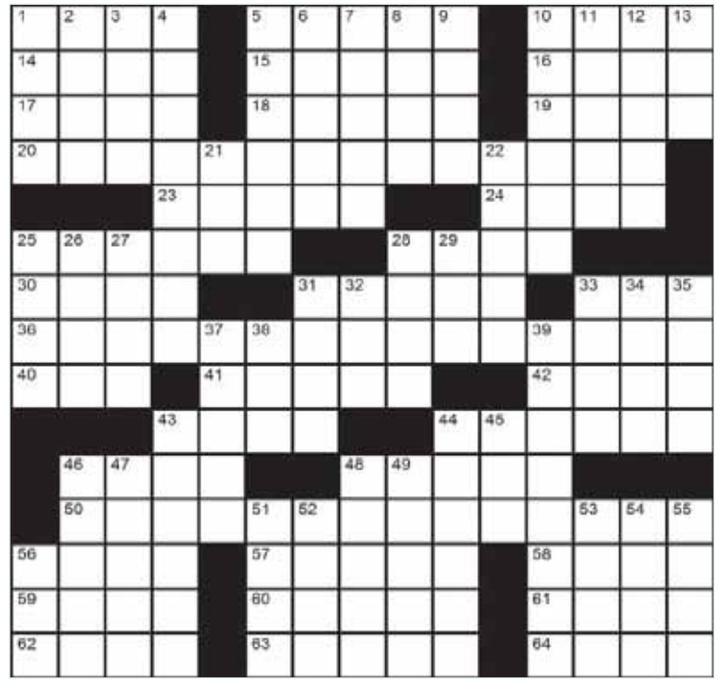
♐ Sagittarius
Nov. 23 - Dec. 21
A missed opportunity to communicate may not seem important now but it will cost time and energy you can't afford later on. Don't plan what you have to say, just say it.

♑ Capricorn
Dec. 22 - Jan. 20
There will be good news today. You may not be able to act on what you learn straight away but at least you know there is something inspiring to look forward to in the near future.

♒ Aquarius
Jan. 21 - Feb. 19
An offer will come your way over the next 24 hours but you may be reluctant to take it. Even if it involves more work than you feel able to handle you won't know until you try.

♓ Pisces
Feb. 20 - March 20
What activity inspires you the most? Then why are you not doing it? At this time of year more than most you should be expanding your creative reach and moving in new directions.

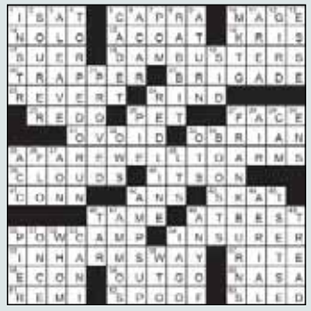
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __-Carotene
5. Halley's __
10. Swift
14. Discoveries in mining
15. Verdi creation
16. Food bits
17. Vents
18. Type of herb used in pesto
19. Sort of tide
20. NOVEMBER 11TH: 2 wds.
23. Turns from ice to water
24. Actor Mr. Tamblyn
25. Sculpture material
28. Territorial measure
30. Admired showbiz person
31. Err
33. Discuss stuff
36. It's observed at the eleventh hour on the eleventh day of the eleventh month: 3 wds.
40. Seer's skill
41. Leavening agent in baking
42. Papa's wife
43. Window blinds segment
44. Privileged classes
46. Sort of saxophone
48. Church doctrine, __ Law
50. Setting of Canadian doctor Lieutenant Colonel John McCrae's war poem which he wrote in 1915: 2 wds.
56. Saturate
57. Kind of potato
58. Picture on the wall's holder-upper
59. Baseball plate
60. Bolero composer Maurice
61. Farewell, in Rome
62. 7th Greek alphabet letters
63. Make improvements to the manuscript
64. Gaelic

Down
1. 'Wild' animal
2. Lake __
3. Condition
4. Gather
5. Repair shoes
6. '60s abstractionism: 2 wds.
7. Raised flatlands
8. Dublin's poetic land
9. Powder
10. Dipping-into-cheese meal
11. Neighbourhoods
12. Remains
13. Amt. in the kitchen
21. Mr. Brooks
22. Mr. Flynn
25. Do this in a game of charades
26. Big deals
27. Lark about
28. Helper, for short
29. 401 in ancient Rome
31. Castle's watery surroundings
32. Whethers
33. Bug variety
34. Highest point
35. Actress Ms. Arthur, et al.
37. Hosiery material
38. Cucumber sandwiches time
39. Distinction
43. Tomato plant supports in the garden
44. Swathe
45. Law, in Quebec
46. In progress
47. Camel-like creature
48. Really want a specific kind of food
49. Drained looking
51. British rock group, __ Straits
52. Sort of cheese
53. Hideaway
54. "Buenos __!"
55. Blackthorn fruit
56. Feminine pronoun

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	5	2	8	4	6	9	3	1
1	6	4	2	9	3	5	8	7
3	9	8	1	7	5	6	2	4
6	2	9	4	8	7	1	5	3
8	4	1	3	5	9	2	7	6
5	3	7	6	2	1	4	9	8
2	7	6	5	1	8	3	4	9
9	1	5	7	3	4	8	6	2
4	8	3	9	6	2	7	1	5

4		1				8		9
2			3	4	5			6
	1			6			9	
	8		7		3		2	
	4			9			3	
1			6	8	9			4
3		4				9		5

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